

Chicken Picatta



- 4 skinless chicken breasts, pounded flat
- Flour to coat
- 1 T olive oil
- 1/4 cup drinking sherry or dry white wine
- 1 small onion, minced
- Juice of 1 lemon
- 1/2 cup chicken broth
- 2 tablespoons butter
- 1/4 cup Italian parsley
- 3 T capers
- Salt and Pepper

Coat the chicken in flour and shake off excess. Heat the olive oil in sauté pan over medium high heat. Sauté the chicken about two minutes on each side, just until it is browned on the outside. Add the wine or sherry to deglaze the pan, and scrape the browned bits off the bottom of the pan and it will be an integral part of the chicken picatta. Add garlic and onions.

Sauté for approximately three minutes. Add the lemon juice, pepper, butter, chicken broth and capers, and sauté for approximately two minutes. Add the chicken back in and sauté until the chicken is done, about five minutes. Makes about 4 servings